

Open House at Carrillo Recreation Center

Free Classes All Week!

JOIN US at the Carrillo Recreation Center OPEN HOUSE Monday-Saturday, **SEPTEMBER 10-15**

- There is no fee to attend any of the classes listed here during the week of September 10-15.
 - All classes are held at the downtown Carrillo Recreation Center, 100 E. Carrillo Street.
 - Love the class? Sign up for the new sessions beginning the following week.
 - Space is limited—please arrive early.
- Enter our **raffle for \$500** worth of any Parks & Recreation programs: one raffle entry per class—the more classes you try, the more chances you have to win!

ADULT CLASSES

Monday, September 10

Mindful Me (Circles for Women)	4:30-5pm
Beg. Ballet	5:30-7pm
Jazzercise	5:30-6:30pm
Beg. Ballroom	7:30-8:30pm
Zumba	5:45-6:45pm
Country Line Dance	7-8pm
Martial Arts	7-8:30pm

Tuesday, September 11

Gentle Exercise for Health	9:30-10:30am
Stretch & Tone Sr. Fitness	10-11am
Flow Fitness	12:05-12:55pm
Core Strength & Flexibility	5:30-7pm
Hula Dance	5:30-7pm
Country Two Step—Beg.	6:30-7:30pm
Martial Arts	7-8:30pm
Country Two Step—Interm.	7:30-8:30pm

Wednesday, September 12

Balance & Toning	10-11am
Mindful Me (Womens' Circle)	4:30-5pm
Zumba	5:30-6:30pm
Interm. Ballet	5:30-7pm
Jazzercise	5:30-6:30pmA
Argentine Tango Level 1	6-7pm
Argentine Tango Level 2	7-8pm
Argentine Tango Level 3	8-9pm

Carrillo Recreation Center
100 East Carrillo Street
897-2519

Thursday, September 13

Balance & Toning	9:30-10:30am
Stretch & Tone Sr. Fitness	10-11am
Flow Fitness	12:05-12:55pm
Hula Dance	5:30-7pm
Beg. Belly Dance	5:45-7pm
Salsa for Beginners	7-8pm
Tahitian Dance	7-8pm
Interm./Adv. Belly Dance	7:30-9pm
Interm. Salsa	8-9pm

Friday, September 14

Jazzercise	5:30-6:30pm
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Saturday, September 15

Jazzercise	8:30-9:30am
Interm./Adv. Ballet	10:15am-Noon
Stretch & Tone Sr. Fitness	10-11am



YOUTH CLASSES

Monday, September 10

Beg Kung Fu (ages 4-6)	3-3:30pm
Interm Kung Fu (ages 4-6)	3:30-4pm
Adv Kung Fu (ages 4-6)	4-4:30pm
Martial Arts (all level ages 7-12)	4:30-5:30pm & 5:30-6:30pm
Mindful Me (Circle for Girls)	4:30-5pm

Tuesday, September 11

Youth Acting (ages 6-12)	4:30-5:30pm
Wildcatz Cheer (ages 4-7)	5:30-6:30pm
Wildcatz Cheer (ages 8-13)	6:30-7:30pm
Baton Twirling (ages 6-12)	5-6pm

Wednesday, September 12

Beg Kung Fu (ages 4-6)	3-3:30pm
Interm Kung Fu (ages 4-6)	3:30-4pm
Adv Kung Fu (ages 4-6)	4-4:30pm
Martial Arts (all level ages 7-12)	4:30-5:30pm & 5:30-6:30pm
Mindful Me (Circle for Girls)	4:30-5pm

Friday, September 14

Intro to Rhythmic Gymnastics	3:30-5pm
Mindful Me (Circle for Girls)	4:30-5pm

Saturday September 15

Martial Arts (all level ages 7-12)	10:30-11:30am
Beg Kung Fu (ages 4-6)	9-9:30am
Interm Kung Fu (ages 4-6)	9:30-10am
Adv Kung Fu (ages 4-6)	10-10:30am